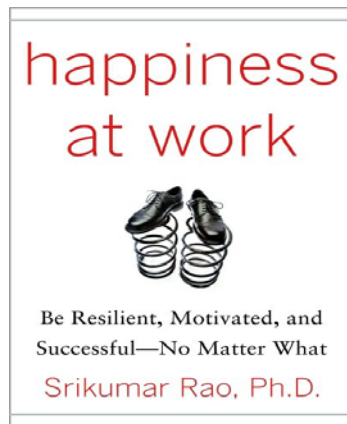


## *Explorer Series*



### **HAPPINESS AT WORK:**

**Be Resilient, Motivated, and Successful – No Matter What**

**Srikumar Rao, Ph.D.**

**Friday, April 16, 2010**

**9:00 a.m. – 11:00 a.m.**

**Treasury Executive Institute**

**801 9<sup>th</sup> Street NW**

**Washington, DC**

Fact: You have control over your own happiness.

*“I’ll be happy once I get a promotion, my bonus, the corner office.” If you have achieved this and you are not happy, or if you think until you achieve this you will not be happy, then something is wrong. You’re missing out on the chance of happiness at work right now.*

In these tough times, there are few people who are completely happy with their current conditions. From business executives to the everyday Joe or Jane, everyone seems to be going through a rough economic and personal crunch. It isn’t the negative thing that happens to you that causes your unhappiness, it’s how you see it. Move the mind away from negativity and choose to see situations as neutral.

The ‘Happiness Choice’ will provide you with:

- Surprising ways of looking at change and problem-solving; and
- Exercises that help shift one’s perspective.

Learn the wisdom necessary to achieving a joyful, successful life as you define it through greater resilience and a strong inner core. Acclaimed business school Professor Srikumar Rao says that “we can learn to create joy no matter what else may be going on around us.”

**Srikumar Rao** received his Ph.D. and Masters in Marketing from the Graduate School of Business, Columbia University. In addition, he received an M.B.A. from the Indian Institute of Management, Ahmedabad. His work has been covered by major media including the *New York Times*, the *Wall Street Journal*, the *Financial Times*, *Time*, *Fortune*, *BusinessWeek*, the *London Times*, the *Guardian*, the *Daily Telegraph*, CNN, PBS, and Voice of America.

**REGISTRATION:** All SES members, candidates, and GS-15s in Treasury and legacy Treasury bureaus are eligible to attend. Please register by April 9, 2010 on line at <http://intranet.treas.gov/tei/> (accessible by Department of Treasury Employees only). DHS and legacy bureau employees may e-mail [TEIWeb@do.treas.gov](mailto:TEIWeb@do.treas.gov) or call 202-622-9311 for registration assistance.